



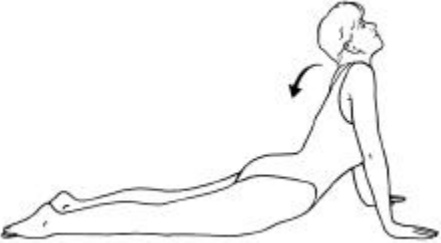
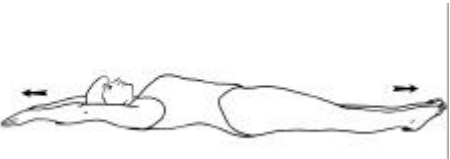

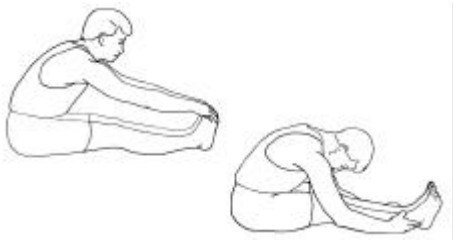

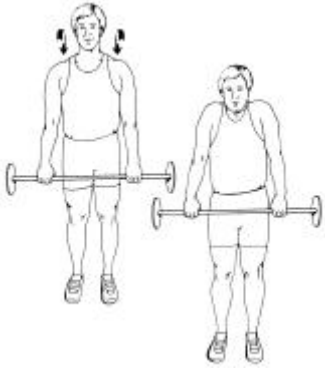

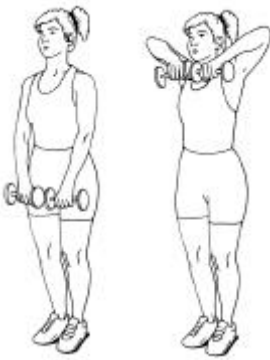


APPENDIX E

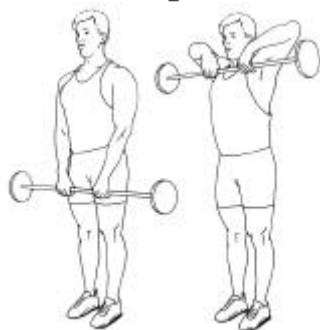
ADDITIONAL EXERCISES

Posterior Deltoids/Rhomboids	Lower Back – Lumbar Extensors
<p>Sample</p>  <p>Raise slightly bent arms until parallel with floor and slowly return to starting position.</p>	<p>Sample</p>  <p>From starting position, tuck chin and tighten stomach while arching back holding stretch for up to 15 seconds.</p>
Groin	Abdominals (Mild)
<p>Sample</p>  <p>Grasping feet with hands and bending from hips, gently pull forward until stretch is felt, holding stretch for up to 15 seconds.</p>	<p>Sample</p>  <p>With hands in small of back, arch back until stretch is felt holding stretch for up to 15 seconds.</p>
Abdominals	Extensors
<p>Sample</p>  <p>Push upper torso back with arms until stretch is felt and hold stretch for up to 15 seconds tilting head back as far as comfortable.</p>	<p>Sample</p>  <p>From lying position, extend both hands and feet until stretch is felt holding for up to 15 seconds.</p>

<p>Lower Back – Extensors</p> <p>Sample</p>  <p>Bring both knees to chest and hold for up to 15 seconds alternating knees. For more stretch, bring head to knees and hold stretch for up to 15 seconds.</p>	<p>Hamstrings – Pull Back Toes, Double Leg</p> <p>Sample</p>  <p>With hands on toes, pull torso forward and bend head toward knees until stretch is felt holding stretch for up to 15 seconds. For more stretch, place hands on ankles bending forward with torso toward knees and holding stretch for up to 15 seconds.</p>
<p>Shoulder Shrug with Dumbbells</p> <p>Sample</p>  <p>Keeping arms straight, lift shoulders as high as possible, rotating shoulders up and backward.</p>	<p>Shoulder Shrug with Barbell</p> <p>Sample</p>  <p>Using a medium grip, keep arms straight and lift shoulders as high as possible, rotating shoulders up and backward and return to starting position.</p>
<p>Alternation Raise with Dumbbells</p> <p>Sample</p>  <p>With arm locked, raise dumbbell to overhead position. Return to starting position alternating arms in a slow rhythmic manner. Do not attempt too much weight.</p>	<p>Upright Row with Dumbbells</p> <p>Sample</p>  <p>Keeping dumbbells close together, pull dumbbells to chin, keeping elbows high and slowly return to starting position.</p>

Upright Row with Barbell

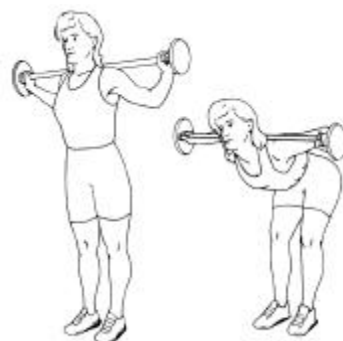
Sample



With close grip, pull bar up to chin keeping elbows high and return to starting position.

Back Extension with Barbell

Sample



With knees slightly bent, bend at waist until upper body is parallel to floor, keeping head up and spine straight throughout movement. Progress from no barbell, to a barbell, finally adding light weight. Do not attempt with a history of back problems.

Standard Grip Pull-Up

Sample



With medium grip, palms facing forward, pull body upward until chin touches and return to starting position.

Bench Dip

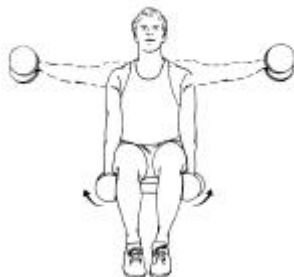
Sample



Keeping elbows close to sides, lower body almost to floor and repeat to tolerance.

Seated Lateral Raise with Dumbbells

Sample



With arms slightly bent, raise dumbbells to just above shoulder height and return to starting position using a slow rhythmic pace.

Seated Rear Raise with Dumbbells

Sample



Raise slightly bent arms until parallel with floor and slowly return to starting position.

Bench Fly with Dumbbells

Sample



From starting position with arms slightly bent, lower weight to shoulder level with palms facing upward and return to starting position using a slow rhythmic pace.

Prone Pullover with Dumbbell

Sample



From starting position, keeping lower back flat on bench at all times and arms nearly straight, lower dumbbell behind head to tolerance and return to starting position using a slow rhythmic pace.

Wall Hug

Sample



Keeping elbows close to sides, lower body almost to floor and repeat to tolerance.

Standing Heel Raise

Sample



Standing on board with knees locked, rise up on toes as high as possible and return to starting position.

Side Bend

Sample



With feet shoulder-width apart, bend sideways as far as possible, then return to straight back position. Complete all repetitions to one side, then repeat to other side.

Abdominal Curl

Sample



Curl upper body toward knees until shoulder blades and upper back clear floor.